



September 2022



High School Lunch

Nutritional Development Services

Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain rich.

Archdiocese of Philadelphia
222 N. 17th Street
Philadelphia, PA 19103
215-895-3470

SchoolMealsNDS

NDSSchoolLunchProgram

SchoolMealsNDS

www.nutritionaldevelopmentservices.org

PLEASE READ CAREFULLY Parents are strongly advised to review the menu completely to ensure that each of the food items is suitable for their children, and will not trigger an allergic reaction or related illness. The Archdiocese of Philadelphia, Nutritional Development Services, Inc. and your children's school shall not be responsible for any allergic reaction or related illness caused by any food item. Upon request and without charge, Nutritional Development Services will provide parents with information on any food item, which has been provided by the supplier of the food item. To request product information please call (215) 895-3470 during normal business hours.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>29 281 Popcorn Chicken with Roasted Potatoes 611 Bagged Baby Carrots 445 Mott's Fruit Punch Juice 670 Fresh Fruit 990 Chocolate Chip Cookie</p>	<p>30 215 Taco Stick 620 Salsa 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 608 Dole Tropical Fruit Cup 941 Tostitos Scoops</p>	<p>31 280 Hamburger with Green Beans 631 Cheery Star Vegetable Juice 541 Chocolate Hummus 659 Craisins 670 Fresh Fruit 932 Cinnamon Scooby Snacks 915 Hamburger Bun</p>	<p>1 263 5" Round Cheese Pizza 70 Romaine Salad with Chickpeas 670 Fresh Fruit 446 Mott's Apple Juice</p>	<p>2 282 BBQ Popcorn Chicken with Sweet Mashed Potatoes 632 Wango Mango Vegetable Juice 608 Dole Fruit Cup 670 Fresh Fruit 915 Hamburger Bun</p>
<p>5 Labor Day</p>	<p>6 283 Chicken Fingers & Corn 631 Cherry Star Vegetable Juice 645 Dole Pineapple Cup 670 Fresh Fruit 929 Elf Grahams</p>	<p>7 286 Penne Pasta with Meat Sauce, Cheese & Italian Vegetables 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 447 Mott's Apple White Grape Juice 901 Honey Biscuits</p>	<p>8 218 Mozzarella Pinwheels 611 Bagged Carrots 546 Cheesy Pizza Hummus 632 Wango Mango Vegetable Juice 670 Fresh Fruit 690 Apple Crisps</p>	<p>9 272 Four Cheese Panini 622 Marinara Sauce 706 Romaine Salad with Cherry Tomatoes 445 Mott's Fruit Punch Juice 670 Fresh Fruit</p>
<p>12 284 Chicken Alfredo with Penne Pasta & Broccoli 631 Cherry Star Vegetable Juice 670 Fresh Fruit 646 Dole Peach Cup 908 Dinner Rolls</p>	<p>13 280 Hamburger with Green Beans 611 Bagged Baby Carrots 446 Mott's Apple Juice 670 Fresh Fruit 915 Hamburger Bun</p>	<p>14 281 Popcorn Chicken with Roasted Potatoes 541 Chocolate Hummus 630 Dragon Punch Vegetable Juice 447 Mott's Apple White Grape Juice 684 Mixed Berry Applesauce 932 Cinnamon Scooby Snacks</p>	<p>15 264 4x6 Cheese Pizza 708 Romaine Salad with Chickpeas 670 Fresh Fruit 658 Cherry Craisins 990 Chocolate Chip Cookies</p>	<p>16 215 Taco Stick 620 Salsa 632 Wango Mango Vegetable Juice 670 Fresh Fruit 691 Strawberry Apple Crisps 941 Tostito Scoops</p>
<p>19 285 Chicken Strips & Green Beans 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 658 Cherry Craisins 901 Honey Biscuit</p>	<p>20 252 Hot Dog & Bun 604 Baked Beans 633 Sunset Sip Vegetable Juice 685 Rosati Water Ice 670 Fresh Fruit 992 Oatmeal Cookie</p>	<p>21 282 BBQ Popcorn Chicken with Sweet Mashed Potatoes 632 Wango Mango Vegetable Juice 690 Apple Crisps 445 Mott's Fruit Punch Juice 908 Dinner Roll 932 Cinnamon Scooby Snacks</p>	<p>22 218 Mozzarella Pinwheel 706 Romaine Salad with Cherry Tomatoes 542 Harvest Pumpkin Hummus 670 Fresh Fruit 645 Dole Pineapple Cup 929 Cinnamon Elf Grahams</p>	<p>23 276 Chicken Teriyaki with Rice & Carrots 446 Mott's Apple Juice 670 Fresh Fruit 903 Maple Biscuit</p>
<p>26 283 Chicken Fingers & Corn 542 Harvest Pumpkin Hummus 633 Sunset Sip Vegetable Juice 688 Mixed Berry Applesauce 670 Fresh Fruit 932 Cinnamon Scooby Snacks</p>	<p>27 286 Penne Pasta with Meat Sauce, Cheese & Italian Vegetables 611 Bagged Baby Carrots 447 Mott's Apple White Grape Juice 670 Fresh Fruit 908 Dinner Rolls</p>	<p>28 215 Taco Stick 620 Salsa 632 Wango Mango Vegetable Juice 670 Fresh Fruit 690 Apple Crisps 941 Tostito Scoops</p>	<p>29 277 Chicken Fajita with Brown Rice & Black Beans & Tomato 611 Bagged Baby Carrots 657 Strawberry Craisins 670 Fresh Fruit</p>	<p>30 263 5" Round Cheese Pizza 708 Romaine Salad with Chickpeas 631 Dragon Punch Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice 928 Goldfish Pretzels</p>